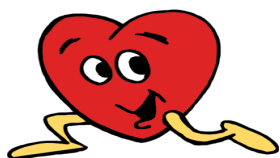


Healthy Heart

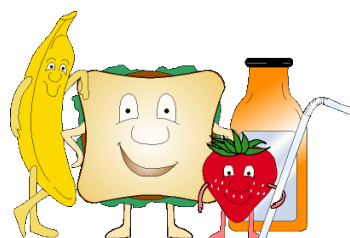


Healthy You

First Annual



Miami Springs Health & Wellness Event



FRIDAY, APRIL 20TH, 2012
5:00PM - 8:00PM

Activities will include **FREE** screenings of:

Heart Healthy Living
Height and Weight
Diabetes Screening
Psoriasis Education
Carpal tunnel screening
Teaching on Breast Self-Exams
Breast Cancer Awareness
Ovarian Cancer Awareness
Sports Safety for Kids
..... and more!

There will also be free food, beverages, and door prizes.

The event will be held in conjunction with:

- Ponce Plaza Nursing and Rehabilitation, Hebrew Homes of Miami
- MSSH Medical Hawks
- HOSA
- Miami-Dade AHEC

**MIAMI SPRINGS
RECREATION CENTER
1401 Westward Drive
Miami Springs, FL 33166**

PLEASE COME OUT AND SUPPORT.